

What Does It Mean When Air Quality Is **WATCH**

A **WATCH** air-quality stage means that particulate levels are not expected to improve much and that they exceed the National Ambient Air Quality Standards or may do so.

BURNING RECOMMENDATIONS:

When the Health Department declares a **WATCH stage:**

- You should consider voluntarily reducing or eliminating the use of solid-fuel burning devices such as wood stoves or fireplaces and use an alternative heat source. If you must burn, please use a small, hot fire.
- You should reduce car idling.

These actions may prevent the air quality from reaching the **POOR** stage, when some burning is restricted.

HEALTH ADVISORY:

Sensitive individuals, such as children, the elderly, and those with aggravated heart or lung disease and cardiopulmonary disease, may experience an increased likelihood of respiratory symptoms. The Health Department recommends that people with respiratory or heart disease, the elderly and children limit outdoor exertion until the **WATCH** level warning is lifted.

For more air quality information, visit the Health Department website at www.HelenaAir.org or the Montana Department of Environmental Quality website at www.todaysair.mt.gov